30th Annual Wisconsin Network Conference on Alzheimer’s Disease and Related Dementias

One of the largest educational forums in the United States dedicated to Alzheimer’s disease and related dementias.

May 1-3, 2016
Kalahari Resort Convention Center, Wisconsin Dells, WI

THE END OF ALZHEIMER’S STARTS WITH you.

2016 GOLD CONFERENCE SPONSORS
ABOUT ALZHEIMER’S ASSOCIATION
Currently, more than 5 million Americans are living with Alzheimer’s disease, and over 15 million are serving as their caregivers. The Alzheimer’s Association® works to address the global Alzheimer’s disease epidemic by providing education and support to the millions who face dementia every day, while advancing critical research toward methods of treatment, prevention and, ultimately, a cure.

WE PROVIDE CARE AND SUPPORT TO THOSE IN NEED.
› Our free nationwide 24/7 Helpline (800.272.3900) receives nearly 300,000 calls annually and is staffed by specialists and master’s-level clinicians who offer information and referrals.
› We offer peer or professionally led support groups for caregivers and others dealing with Alzheimer’s disease.
› Our Alzheimer’s and Dementia Caregiver Center (alz.org/care) provides easy access to in-depth information and online tools.
› We offer safety services, including MedicAlert® + Alzheimer’s Association Safe Return®, providing assistance when someone with the disease wanders or has a medical emergency.
› We provide the world’s most comprehensive portfolio of meaningful early-stage programs.

WE EDUCATE AND RAISE AWARENESS TO GROW UNDERSTANDING.
› Our education programs for the general public, both online and in person, feature information on topics such as diagnosis, warning signs, communication, living with Alzheimer’s disease and caregiving techniques.
› We provide health care professionals with the tools to diagnose Alzheimer’s and to educate people with the disease on available therapies and resources.
› We educate our nation’s lawmakers on the Alzheimer’s crisis and engage them in our efforts to fight the disease.
› The Alzheimer’s Association Green-Field Library (alz.org/library), is the nation’s largest resource center devoted to increasing knowledge about Alzheimer’s disease.
› Our awareness campaigns explain the difference between Alzheimer’s and typical aging, and the power of early detection.

WE ACCELERATE RESEARCH ACROSS THE GLOBE.
› As the world’s largest nonprofit funder of Alzheimer’s research, we have awarded more than $335 million to over 2,250 proposals, providing funding for critical advancements.
› We bring the global research community together to collaborate, connect and address common challenges. The Alzheimer’s Association International Conference® is the world’s largest forum for the dementia research community.
› We drive support for transformational projects such as the Dominantly Inherited Alzheimer’s Network Trials Unit (DIANTU)

WE ADVOCATE FOR THE NEEDS AND RIGHTS OF THOSE FACING ALZHEIMER’S DISEASE.
› We recruit advocates, nationwide, so that the need for Alzheimer’s care, education and research is heard at every level of government.
› We help to pass landmark legislation such as the National Alzheimer’s Project Act, which mandated a national plan to fight Alzheimer’s.
› We call on the federal government to increase research funding and improve access to Alzheimer’s diagnosis and care planning.

Our vision is a world without Alzheimer’s.
2016 CONFERENCE AGENDA
May 1-3, 2016
Kalahari Resort - Wisconsin Dells, WI
THE END OF ALZHEIMER’S STARTS WITH you.

2016 CONFERENCE AGENDA
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SUNDAY, MAY 1, 2016
12:00 pm – 4:30 pm
PRE-CONFERENCE INTENSIVE SEMINARS
ETHICS AND BOUNDARIES IN SPECIALIZED CARE
PRE-CONFERENCE S-1.
Gail Timberger, MSSW, PhD, LCSW, University of Wisconsin - Green Bay
COPING WITH CHALLENGING BEHAVIORS AND HOW TO COMMUNICATE WITH SOMEONE
LIVING WITH DEMENTIA
PRE-CONFERENCE S-2.
Teepa L. Snow, MS, CTRD, FAOTA
5:00 pm – 6:30 pm
SOCIAL HOUR & BANQUET OPENING CONFERENCE
6:30 pm – 8:00 pm
OUTSTANDING CAREGIVER AWARDS PRESENTATION
LEARN, COPE AND SURVIVE: WHY ALZHEIMER’S CAREGIVERS CAN’T GO IT ALONE
SUNDAY EVENING KEYNOTE SPEAKER
Martin J. Schreiber, Former Wisconsin Governor

MONDAY, MAY 2, 2016
8:30 am – 10:00 am
OUTSTANDING CAREGIVER AWARDS PRESENTATION
HELP & HOPE IN ALZHEIMER’S SCIENCE & CARE: THE PATHWAY TO DISEASE ALTERING TREATMENTS BY 2025
MONDAY MORNING KEYNOTE ADDRESS
Elizabeth Edgerly, PhD, Alzheimer’s Association, Northern California and Northern Nevada chapter
8:00 am – 9:15 am
EXHIBIT FAIR THROUGHOUT THE DAY
10:00 am – 10:30 am
COMFORT BREAK
10:30 am – 11:45 am
CONCURRENT WORKSHOPS I 8
101. UNDERSTANDING AND LIVING WITH LEWY BODY DEMENTIA
102. IDENTIFYING AND ADDRESSING DEPRESSION IN PERSONS WITH DEMENTIA
103. BATHING WITHOUT A BATTLE
104. LOOKING AHEAD: CAPTURING THE WISHES OF THE PERSON LIVING WITH DEMENTIA
105. VALUES BASED LEADERSHIP
106. SPEAKER’S TASK FORCE REPORT
107. PERSON-CENTERED CARE IN PRACTICE FOR FAMILIES
108. DEMENTIA CAPABLE COMMUNITY PROGRAMS
11:45 am – 1:45 pm
CONFERENCE LUNCHEON / EXHIBIT FAIR VIEWING

1:45 pm – 3:00 pm
CONCURRENT WORKSHOPS I 8
201. UNDERSTANDING AND LIVING WITH LEWY BODY DEMENTIA
202. THE SCIENCE OF HOPE
203. PERSON-CENTERED CARE IN PRACTICE FOR FAMILIES
204. MONTESSORI APPROACH TO DEMENTIA CARE
205. LEGAL ADVOCACY AND TOOLS TO ADDRESS AN INVOLUNTARY DISCHARGE FOR BEING DIFFICULT
206. CREATIVE ENGAGEMENT: AWAKENING THE BRAIN
207. A CHALLENGING BEHAVIOR - WHAT IS IT?
208. DEMENTIA CAPABLE WISCONSIN
3:00 pm – 3:15 pm
COMFORT BREAK
3:15 pm – 4:30 pm
CONCURRENT WORKSHOPS I 8
301. “WILL I BE NEXT?” DOCUMENTARY FILM SNEAK PEAK
302. PUTTING THE PIECES TOGETHER: DIAGNOSING MEMORY DISORDERS
303. RESILIENCE: TAKE CARE OF YOURSELF AND HAVE SOME FUN!
304. PRACTICING SPIRITUAL COMPANIONSHIP THROUGH THE JOURNEY OF DEMENTIA
305. DECLINING COGNITION AND FALLS: ROLE OF RISKY PERFORMANCE OF EVERYDAY MOBILITY ACTIVITIES
306. DEMENTIA AND DRIVING: ROAD TO CESSATION
307. NOT IN MY HOUSE: UNDERSTANDING THE FAMILY IN DENIAL
308. WISCONSIN’S SILVER ALERT

4:45 pm – 5:45 pm
WALK TO END ALZHEIMER’S HOTEL LOBBY/HOTEL TRAILS
5:00 pm – 7:00 pm
AFTER WALK SOCIAL
7:00 pm – 8:30 pm
EVENING WORKSHOPS I 3
M-1. RHYTHM ADVENTURES UNPLUGGED!
M-2. LIGHTEN YOUR LOAD: CREATING A HEALING ENVIRONMENT, GENTLE SCENTS FOR THE MIND, BODY AND SPIRIT
M-3. SHARE THE CARE

TUESDAY, MAY 3, 2016
7:00 am – 8:00 am
BREAKFAST
8:00 am – 9:15 am

THE PREVENTION OF ALZHEIMER’S DISEASE: PROGRESS AND PARTNERSHIPS
TUESDAY MORNING KEYNOTE ADDRESS
Cynthia M. Carlson, MD, MS, University of Wisconsin School of Medicine and Public Health
9:15 am – 9:30 am
COMFORT BREAK
9:30 am – 10:45 am
CONCURRENT WORKSHOPS I 8
401. PHARMACOLOGIC MANAGEMENT OF BEHAVIORAL AND PSYCHOLOGICAL SYMPTOMS OF ALZHEIMER’S DEMENTIA: AN EVIDENCE-BASED APPROACH
402. DISRUPTED SLEEP IN ALZHEIMER’S DISEASE
403. POWERS OF ATTORNEY FOR HEALTH CARE AND ADVANCE DIRECTIVES: WE ALL NEED THEM
404. TIMELINES, STORYLINES, LIFELINES: THE HEALING POWER OF STORYTELLING
405. IDENTIFYING ALZHEIMER’S DISEASE IN PEOPLE WITH DOWN SYNDROME AND OTHER DEVELOPMENTAL DISABILITIES
406. NOT IN MY HOUSE: UNDERSTANDING THE FAMILY IN DENIAL
407. SUCCESSFUL ACTIVITIES FOR THE FAMILY CAREGIVER: PURPOSE, PERSON-CENTERED & ENGAGEMENT
408. MINDFULNESS AND DEMENTIA CARE
10:45 am – 11:00 am
COMFORT BREAK
11:00 am – 12:15 pm
CONCURRENT WORKSHOPS I 8
501. COMMUNITY AND ACADEMIC HEALTH PARTNERSHIPS FOR FOLKS LIVING WITH DEMENTIA
502. MODIFIABLE LIFESTYLE FACTORS AND RESILIENCE TO ALZHEIMER’S DISEASE
503. THE UNEXPECTED CAREGIVER ON THE YELLOW BRICK ROAD
504. ACTIVITY PROFESSIONALS PANEL: MEANINGFUL ENGAGEMENT
505. AT HOME WITH DEMENTIA: ASSISTIVE TECHNOLOGY SUPPORT
506. A CHALLENGING BEHAVIOR - WHAT IS IT?
507. ALIVE INSIDE: ADOPT AN ELDER/BUILD A BRIDGE COMMUNITY BASED PILOT PROJECT
508. LEGAL INTERVENTIONS FOR PERSONS WITH DEMENTIA
12:30 pm
LUNCHEON
1:00 pm – 1:45 pm
AMAZING GRACE CHORUS
TUESDAY CLOSING KEYNOTE
BE A PART OF THE EXHIBIT FAIR!

MONDAY, MAY 2, 2016
8:00 am – 4:00 pm

Take advantage of this unique opportunity to share your new products, supplies and caregiving resources by reserving one of the 50 vending spaces in our Exhibit Fair.

Information on booth packages can be found at www.alzwi.org or by contacting the conference planning office at 608-446-4206.

Space is limited!
CAREGIVER SCHOLARSHIPS AVAILABLE

Scholarship funding is made possible by our conference sponsors. A limited number of full or partial scholarships are available to assist with the cost of the conference registration fee. Scholarships are available for family caregivers, persons with memory loss, Alzheimer’s Association support group leaders and professional caregivers working in long-term care facilities. Travel and lodging expenses are not included.

Apply by March 11, 2016 by visiting www.alzwi.org or contact Kathy Davies, Alzheimer’s Association Greater Wisconsin, 715.869.2667 or kdavies@alz.org

OUTSTANDING CAREGIVER AWARDS
We invite you to recognize an outstanding caregiver in Wisconsin by submitting a written nomination by March 11, 2016. Nomination forms and complete information can be found at www.alzwi.org.

Award categories include:
- **Advocacy Award**: Recognizes an individual who has impacted legislation or services for the benefit of others.
- **Courage Award**: Recognizes an individual currently living with memory loss, Alzheimer’s disease, or a related dementia who is a role model for others through exemplifying support, education, advocacy and facing challenges.
- **Family Caregiver Award**: Recognizes individual or family who embodies the courage to face the challenges of caregiving, the compassion to ensure dignity for their loved one, and the wisdom to reach out for support.
- **Professional Award**: Recognizes individuals who serve as a model to others.
- **Organizational Award**: Recognizes an organization, agency or institution which has developed exceptional programs and/or services to benefit the Alzheimer’s community.
- **Physician Award**: Recognizes a physician who has made unique contributions working with patients and families in the area of Alzheimer’s disease and related dementias.
- **Special Service Award**: Recognizes an individual or group that does not fit in the above categories.

REGISTER EARLY AND ONLINE
Register online at www.alzwi.org. Make your lodging reservations by April 16 to secure a discounted room rate.

WALK TO END ALZHEIMER’S HOTEL LOBBY/HOTEL TRAILS

**MONDAY 5:00 pm – 5:45 pm**
Join us on the Walk to End Alzheimer's® following the workshop sessions on Monday. Team sign-up for Walk 2016 will be available on site. Start your fundraising NOW!

**6:00 pm – 7:00 pm AFTER WALK SOCIAL**
12:00 pm – 4:30 pm
ETHICS AND BOUNDARIES IN SPECIALIZED CARE
PRE-CONFERENCE S-1.
Gail Trimberger, MSSW, PhD, LCSW, University of Wisconsin - Green Bay
This interactive workshop focuses on ethics and boundaries as they relate to Alzheimer’s disease and related dementias. Participants will review Wisconsin law and the NASW code of ethics including professional obligations, boundaries, recent and proposed changes, audit processes and past sanctions. Participants will identify situations that are unique to professionals in this specialized area of care and apply one or more decision-making models to scenario-based discussions.

12:00 pm – 4:30 pm
COPING WITH CHALLENGING BEHAVIORS AND HOW TO COMMUNICATE WITH SOMEONE LIVING WITH DEMENTIA
PRE-CONFERENCE S-2.
Teepa L. Snow, MS, OTR/L, FAOTA
This session is designed to help care partners and caregivers better understand why the person they are trying to help frequently exhibits difficult or challenging behaviors that make care assistance problematic or even impossible to deliver. The first part of the session will help caregivers more accurately understand many of the commonly occurring behaviors they are experiencing with the person they are trying to help. The next part of the session will focus on looking beyond the disease for other possible factors that may be causing or contributing to the challenging behavior. A focus on communication will help learners develop better interaction skills when working with people with dementia, reducing or minimizing unproductive conversations and resistive behaviors by using effective verbal and non-verbal skills.

5:00 pm – 6:30 pm
OPENING CONFERENCE SOCIAL HOUR & BANQUET

6:30 pm – 8:00 pm
LEARN, COPE AND SURVIVE: WHY ALZHEIMER’S CAREGIVERS CAN’T GO IT ALONE
SUNDAY EVENING KEYNOTE SPEAKER
Martin J. Schreiber, Former Wisconsin Governor
Former governor of Wisconsin, insurance executive, publisher, philanthropist, principal of a successful public affairs consulting firm, father of four children – nothing could have prepared him for the role he has today; caregiver for his wife, Elaine, who is living with Alzheimer’s disease.

"Caregiving could be the most difficult job ever." Marty will talk about his journey with the love of his life, his wife, Elaine. He encourages caregivers with his honesty, and with the knowledge they are not alone...and charms all with his delightful sense of humor and wit.

CONTINUING EDUCATION OPPORTUNITIES
A total of 16.5 continuing education hours are available. For detailed information visit www.alzwi.org

WORKSHOP SKILL / KNOWLEDGE LEVEL GUIDE
Entry Level: Persons, New to Alzheimer’s care looking for basic information.
Mid-Level: For persons with a basic knowledge or 3+ years of caregiving.
Advanced Level: For persons with a solid background in Alzheimer’s care.
Innovative / Hands-on / Interactive: Appropriate for all
8:00 am – 4:00 pm
EXHIBIT FAIR THROUGHOUT THE DAY

10:00 am – 10:30 am
COMFORT BREAK

10:30 am – 11:45 am
CONCURRENT WORKSHOPS I 8

101. UNDERSTANDING AND LIVING WITH LEWY BODY DEMENTIA
Tracy Sherman, MD

Lewy Body dementia is a devastating disease that differs from Alzheimer’s disease and has its own challenges. In order to live with and give care for individuals with this disease, we must first understand it. This workshop will give a deeper understanding of the disease, current treatment strategies and what the future holds.

ENTRY LEVEL

102. IDENTIFYING AND ADDRESSING DEPRESSION IN PERSONS WITH DEMENTIA
Art Walaszek, MD, University of Wisconsin - Madison School of Medicine and Public Health

A significant proportion of people with Alzheimer’s disease and other dementias also suffer from depression. Depression can in turn exacerbate the cognitive and functional impairment associated with dementia. Fortunately, depression can be readily identified and diagnosed, and effective treatments are available for people with co-morbid dementia and depression. This workshop will cover these topics and include ample time for a robust question and answer session.

ENTRY LEVEL

103. BATHING WITHOUT A BATTLE
Elizabeth Edgerly, PhD, Alzheimer’s Association, Northern California and Northern Nevada chapter

Each day people with dementia are bathed against their will. Their overt or nonverbal refusals are often ignored, and as a result the refusals escalate to verbal and physical resistance and finally to combativeness. This battle that often occurs between people with dementia and their caregivers is in most cases preventable. Dr. Edgerly will share the Bathing without a Battle curriculum developed by researchers at UNC, which can help turn bathing into a pleasant activity.

ENTRY LEVEL - MID-LEVEL

104. LOOKING AHEAD: CAPTURING THE WISHES OF THE PERSON LIVING WITH DEMENTIA
Teri Vega Stromberg, MSN, Clinical Nurse Cathy Hoffman, BSN, RN-BC Wheaton Franciscan Healthcare, Milwaukee, WI

This workshop will describe the progression of Alzheimer’s disease and the impact on healthcare. Group activities will assist participants with understanding the progression of the disease and difficult healthcare decisions such as artificial feeding, renal dialysis, resuscitation, etc. The session will examine resources, tools and communication strategies to start a conversation with the person living with dementia. The Healthcare Power of Attorney will be shown to assist participants to understand the features of the document as well as the process of activation. A review of community resources, such as palliative care and hospice care, will be included.

ENTRY LEVEL
VALUES BASED LEADERSHIP

Crystal J. Miller
Carin Krusemark
Jessi Schoofs
Frontida, Inc.

This is an inspirational story of how a failing business was turned into a profitable company where people now love to come to work. Six years after its struggling inception, Frontida Assisted Living was voted a top workplace and is growing and making a difference for the people they serve, both residents and team members. Frontida’s mission is to build trust and that is accomplished through value-based leadership. Frontida’s values are 1) Tell the truth; 2) Work hard; 3) Follow the rules; 4) Love others and 5) Have fun! Team members are encouraged to live these values every day. This session will be inspirational. If you are passionate about dynamic leadership, you will come away refreshed and encouraged.

ADVANCED LEVEL

SPEAKER’S TASK FORCE REPORT

Representative Mike Rohrkaste (R-Neenah)
Representative Dianne Hesselbein (D-Middleton)
Co-Chairs, Speaker’s Task Force on Alzheimer’s and Dementia

In 2015, the Speaker of the Assembly, Rep. Robin Vos, appointed a Task Force on Alzheimer’s and dementia, co-chaired by Reps. Mike Rohrkaste (R - Neenah) and Dianne Hesselbein (D - Middleton). The Alzheimer’s Association supported the efforts of the Task Force, and is excited with the results. In this session moderated by Tom Hlavacek, Executive Director of the Alzheimer’s Association of Southeastern Wisconsin chapter, Reps. Rohrkaste and Hesselbein will share what they learned by holding hearings across Wisconsin, and will discuss the bills they introduced to address critical issues related to Alzheimer’s and caregiving.

ENTRY LEVEL - ADVANCED LEVEL

107. Continued

DEMENTIA CAPABLE COMMUNITY PROGRAMS

Jennifer McAlister, Alzheimer’s Association of Southeastern Wisconsin
Kathy Jeans Glaser, CSW, ADRC of Ozaukee County

We continue to hear about cities, programs and facilities being dementia capable or dementia friendly. Does that impact the way day centers and home care agencies assist people to remain living in their home, meet their needs for connection and engagement, empower their caregivers in filling their role in the most positive and confident fashion? Come join the conversation about the impact the state and national plan is having at a variety of levels in our communities, how to best determine the support and services your clients and families need and shift your perception of services for the future.

ENTRY LEVEL - ADVANCED LEVEL

107. Continued

UNDERSTANDING AND LIVING WITH LEWY BODY DEMENTIA

Tracy Sherman, MD

Lewy Body dementia is a devastating disease that differs from Alzheimer’s disease and has its own challenges. In order to live with and give care for individuals with this disease, we must first understand it. This workshop will give a deeper understanding of the disease, current treatment strategies and what the future holds.

ENTRY LEVEL

THE SCIENCE OF HOPE

Kari Paterson, Alzheimer’s Association of South Central Wisconsin

A perfect session to understand the scientific strategies of Alzheimer’s research studies and how to interpret the media hype. This session will showcase the various clinical pathways to developing Alzheimer’s, discuss research funding and how participation in clinical trials works in Wisconsin.

ENTRY LEVEL
203. PERSON-CENTERED CARE IN PRACTICE FOR FAMILIES
Lyn Geboy, Ph.D.
Beth Meyer-Arnold, RN, MS
Cygnet Innovations Group LLC, Milwaukee, WI

What if someone you love or someone you care for has been diagnosed with mild cognitive impairment or dementia – now what? What does it mean? What can you do? What is ahead? This session has the information you need about MCI and dementia, ideas for things you can do now to keep your brain and body as healthy as possible, practical strategies for managing the changes ahead and suggestions for staying in control of your life. Making the most of life with mild cognitive impairment or dementia requires you to think differently about yourself, your family and friends, and the person at the center of it all. This session is for family members as well as professional caregivers and administrators.

ENTRY LEVEL - ADVANCED LEVEL

204. MONTESSORI APPROACH TO DEMENTIA CARE
Tom Brenner, MA
Karen Brenner, MA
Authors, You Say Goodbye and We Say Hello: The Montessori Method for Positive Dementia Care

This workshop will provide attendees with a solid understanding of the Montessori approach to dementia care. Our program is entertaining, enlightening and informative, filled with accessible, innovative and constructive ideas. Audience members will have the opportunity to work with Montessori materials as well as join in Montessori exercises. There will be many short videos shown so that attendees can see and hear the Montessori Method at work with people who are living with dementia. The goal is to provide the audience with new, exciting and accessible Montessori tools that they can begin to use in their own work.

ENTRY LEVEL - ADVANCED LEVEL

205. LEGAL ADVOCACY AND TOOLS TO ADDRESS AN INVOLUNTARY DISCHARGE FOR BEING DIFFICULT
Julie A. Short, JD, Haskins Short LLC

This workshop will address how to resist threatened or actual involuntary discharge proceedings against an individual with Alzheimer’s disease who are exhibiting ‘difficult behaviors.’ The workshop will explain the legal procedures in Wisconsin that apply to involuntary discharges in both skilled nursing facilities and community based residential facilities. The presentation will explain that the legal protections are not the same.

ENTRY LEVEL - ADVANCED LEVEL

206. CREATIVE ENGAGEMENT: AWAKENING THE BRAIN
Dawn Koceja, Milwaukee Public Museum
Michael Wartgow, The Building for Kids Children’s Museum
Jennifer Balge, John Michael Kohler Arts Center

Creative Engagement is the focus of this training inspired through the success of SPARK!, a cultural program for people with memory loss that is offered at museums throughout the country. The SPARK! program uses a variety of approaches that provide opportunities for a person to engage in the arts and culture through multisensory activities. This training will provide techniques to engage people through art and simple objects without having to visit a museum or gallery. Participants will learn about these practices while gaining useful tips on interactions as we create, share and become inspired through an interactive workshop.

ENTRY LEVEL - ADVANCED LEVEL

207. A CHALLENGING BEHAVIOR: WHAT IS IT?
Kathy Beran, OTR/L, Amery Behavioral Health, Amery, WI

Yelling, wandering, striking out, incontinence, sexually inappropriate behavior, and/or resisting cares? In this session, participants will be able to explore and learn how to identify and care for a person with a challenging behavior. This will be done by identifying the phases of a crisis, learning strategies to figure out what the problems are, and how to best intervene while promoting best care practices and the wellbeing of the person with dementia. Bring your challenges and questions so we can form ideas and problem solve together!

ENTRY LEVEL - MID-LEVEL

208. WISCONSIN DEMENTIA CARE REDESIGN
Micki Hill, Office for Resource Center Development, Division of Long Term Care, Wisconsin Department of Health Services

This workshop will provide an overview of the integration of a variety of state initiatives relating to the daily work of the ADRCs and Dementia Care Specialists (DCS). The DCS’s have to contribute to improved transition of care for their clients with dementia. Presenters will highlight community partnerships necessary to build a dementia friendly community and contribute to Wisconsin becoming dementia-capable. Participants are welcome to contribute ideas and improvements to make 2016 outreach even more successful.

ENTRY LEVEL - ADVANCED LEVEL

WORKSHOP SKILL / KNOWLEDGE LEVEL GUIDE
Entry Level: Persons, New to Alzheimer’s care looking for basic information.
Mid-Level: For persons with a basic knowledge or 3+ years of caregiving.
Advanced Level: For persons with a solid background in Alzheimer’s care.
Innovative / Hands-on / Interactive: Appropriate for all
3:00 pm – 3:15 pm
COMFORT BREAK

3:15 pm – 4:30 pm
CONCURRENT WORKSHOPS | 8

301. “WILL I BE NEXT?”
DOCUMENTARY FILM SNEAK PEEK
Therese Barry-Tanner, Film Producer
Amy Kruep, RNC, CDP, Mercy Health
Karen McElwee Lloyd, Caregiver

This session will engage participants in providing feedback to a work-in-progress documentary, “Will I Be Next?” The film is about a quest for a cure to Alzheimer’s disease as told by human research subjects in a long-term study at UW Madison called WRAP. Attendees will view a preview clip, provide their own personal feedback and participate in a group discussion. Their input will assist filmmakers in telling this important story. Participants will be able to ask questions about any aspect of this important film.

ENTRY LEVEL

302.
PUTTING THE PIECES TOGETHER:
DIAGNOSING MEMORY DISORDERS
Donn Dexter, MD, FAAN
Amber Gerber, Psy.D., LP
Mayo Clinic Health System, Eau Claire, WI

A neuropsychologist and neurologist will co-facilitate this interactive session highlighting common memory disorders. Using real life cases, the unique features of memory disorders and the complexity of the diagnosing process will be explored.

ENTRY LEVEL - MID-LEVEL

303.
RESILIENCE:
TAKE CARE OF YOURSELF AND HAVE SOME FUN!
Mike Rupsch, Aurora Employee Assistance Program

It is a fast-paced world out there – at work, home and in the community. We’d all like to find ways to decrease the effects of stress. But, did you know you are already doing just that? This session will help you identify how. This presentation will review the five types of resilience and examine how practicing these daily can improve quality of life and add years to your life. Add 7.68245837 minutes to your life and have some fun!

ENTRY LEVEL

304.
PRACTICING SPIRITUAL COMPANIONSHIP THROUGH THE JOURNEY OF DEMENTIA
Susan H. McFadden, Fox Valley Memory Project
John T. McFadden, The Bridges of Appleton; Valley VNA Senior Services

People who participate in the practices of religious organizations and/or who are committed to spiritual growth through their own aging can be spiritual companions to people with dementia from the time of diagnosis through the end of life. They play an important role in developing and sustaining dementia-friendly communities. This workshop will define spiritual companionship for people living with dementia (as well as care partners), frame the personhood of people with dementia from a spiritual perspective, discuss who can be a spiritual companion and describe various practices of spiritual companionship.

ENTRY LEVEL

305.
DECLINING COGNITION AND FALLS: ROLE OF RISKY PERFORMANCE OF EVERYDAY MOBILITY ACTIVITIES
Jane Mahoney, MD, Wisconsin Alzheimer’s Institute

Falls are the leading cause of fatal and non-fatal injuries for older Americans. Falls threaten seniors’ safety and independence and generate enormous economic and personal costs. Through practical lifestyle adjustments, evidence-based falls prevention programs, and clinical-community partnerships, the number of falls among seniors may be substantially reduced.

ENTRY LEVEL - ADVANCED LEVEL

306.
DEMENTIA AND DRIVING
Jessica Kuester, M.D., Milwaukee VA Hospital

Through didactic and small group case-based learning techniques, this multidisciplinary team will lead participants through this challenging topic. You will identify impairments common in dementia that can lead to impaired driving safety and review safe driving requirements. This session will provide discussion points for facilitating driving cessation and review ethical and legal standards regarding reporting impaired drivers in Wisconsin.

MID-LEVEL

307.
NOT IN MY HOUSE: UNDERSTANDING THE FAMILY IN DENIAL
Cori Marsh, ADRC of Rock County

This session identifies what denial is, why denial may be happening and the potential consequences of staying stuck in denial. We will look at ways to survive denial and assist a family forward in the planning process. The presentation will walk participants through the denial, acceptance and planning process of a real family struggling with a diagnosis of dementia.

ENTRY LEVEL - MID-LEVEL

CONTINUING EDUCATION OPPORTUNITIES
A total of 16.5 continuing education hours are available. For detailed information visit www.alzwi.org
MONDAY WORKSHOPS  MAY 2, 2016

308. WISCONSIN’S SILVER ALERT
Kari Orn, WI Department of Justice
Bonnie Nutt, Alzheimer’s Association of South Central Wisconsin

Six out of 10 people with dementia will wander. This session explores the signs of someone at risk of wandering, the Alzheimer’s Association safety programs and the Wisconsin Silver Alert law. Participants will learn criteria for activation of Silver Alert, the process and preparation.

INNOVATIVE - HANDS-ON - INTERACTIVE

5:00 pm – 5:45 pm
WALK TO END ALZHEIMER’S
HOTEL LOBBY/HOTEL TRAILS

6:00 pm – 7:00 pm
AFTER WALK SOCIAL

7:00 pm – 8:30 pm
EVENING WORKSHOP | 3

M-1. RHYTHM ADVENTURES UNPLUGGED!
Tom Gill, Rhythm for Unity, Wauwatosa, WI

Experience first-hand the positive effect of sharing rhythm adventures in a group setting and learn how you can further your knowledge to incorporate the activity into current programs. Emphasis on low cost and homemade instruments with opportunities for participants to act as facilitators of the group. No experience necessary!

INNOVATIVE - HANDS-ON - INTERACTIVE

M-2. LIGHTEN YOUR LOAD: CREATING A HEALING ENVIRONMENT, GENTLE SCENTS FOR THE MIND, BODY AND SPIRIT
Barbara Lemke, CCAP, Health & Wellness Options

Caring for family members with illness can be extremely difficult. Utilizing our sense of touch and smell can help ease the burden and create a healing environment. Learn how essential oils directly access the limbic system of our brains and can help relax our minds and bodies easing the everyday stressors. Essential oils will be diffused and experienced during this session.

ENTRY LEVEL

M-3. SHARE THE CARE
Joan Litwitz, Greater Wisconsin Agency on Aging Resources
Terry Schmeckpeper, Lutheran Social Services

This session provides an understanding of the Share the Care model as it applies to working with those with dementia. We will discuss step-by-step plans to create systems for family, friends and others in a community to provide support to the person living with Alzheimer’s who may be experiencing difficulties with daily activities and social engagement. The program also provides relief for the care partner as well.

ENTRY LEVEL

TUESDAY WORKSHOPS  MAY 3, 2016

7:00 am - 8:00 am
BREAKFAST

8:00 am - 9:15 am
THE PREVENTION OF ALZHEIMER’S DISEASE: PROGRESS AND PARTNERSHIPS
TUESDAY MORNING KEYNOTE ADDRESS
Cynthia M. Carlsson, MD, MS
University of Wisconsin School of Medicine and Public Health

Several large Alzheimer’s disease prevention trials are underway, generating increased hope and anticipation of their outcomes. A variety of medications and lifestyle interventions are currently being studied to assess their role in preventing or delaying Alzheimer’s disease. This keynote address will review the latest Alzheimer’s disease prevention studies and what we can do now to keep our brains healthy.

9:15 am - 9:30 am
COMFORT BREAK

WORKSHOP SKILL / KNOWLEDGE LEVEL GUIDE
Entry Level: Persons, New to Alzheimer’s care looking for basic information.
Mid-Level: For persons with a basic knowledge or 3+ years of caregiving.
Advanced Level: For persons with a solid background in Alzheimer’s care.
Innovative / Hands-on / Interactive: Appropriate for all
TUESDAY WORKSHOPS

9:30 am - 10:45 am
CONCURRENT WORKSHOPS | 8

401.
PHARMACOLOGIC APPROACHES TO BEHAVIOR
Joseph Goveas, MD
Satya Gutta, MD

Individuals with Alzheimer’s disease often experience common behavioral disturbances. Dr. Goveas and Dr. Gutta will describe behavioral challenges often seen in persons with Alzheimer’s or a related dementia and provide an update on current pharmacological interventions. The discussion will include how to evaluate and choose the appropriate options for treatment.

ENTRY LEVEL - ADVANCED LEVEL

402.
SLEEP AND MEMORY
Cynthia Phelan, PhD, RN
Wisconsin Alzheimer’s Disease Research Center

In this session, we describe the characteristics of sleep disruption in early Alzheimer’s Disease and outline specific sleep promotion strategies.

ENTRY LEVEL

403.
POWERS OF ATTORNEY FOR HEALTH CARE AND ADVANCE DIRECTIVES
Richard Pebler, MD, Marshfield Clinic

Do you have a Power Of Attorney for healthcare? Advance Directives done? Need to update them? Want to avoid the expense and hassle of guardianship? Join a discussion of the background of POA’s and AD’s and the need for all of us to get them done. Hear practical ways to approach Advance Directive discussions with loved ones. Receive instructions on how to draft them. Make sure you and your loved ones have expressed end-of-life issues to each other before it is out of your control. People with infirmities and cognitive problems benefit from getting them done. Forms and ‘how-to’ information will be shared.

ENTRY LEVEL - ADVANCED LEVEL

404.
TIMELINES, STORYLINES, LIFELINES: THE HEALING POWER OF STORYTELLING
Mary Patricia Voel, Owner/Founder
Legacies: Family & Organizational Historians

We live in a remarkable age where information is available in overwhelming abundance, yet at the same time, we are less in touch with the histories and legends of our own families. The cryptic sharing is easier and faster yet, where is the soul? Not only are our elders’ links to a treasured past, but the present 50+ generation act as gatekeepers to a past that is soon to be lost. What happens when neither generation can

404. Continued
no longer mentally or physically share those memories? This interactive presentation provides a scientific review of the literature on the universal need for storytelling, traditions and healing benefits using tools to demonstrate the merits to self and the value to others in sharing life stories.

ENTRY LEVEL - MID-LEVEL

405.
IDENTIFYING ALZHEIMER’S DISEASE IN PEOPLE WITH DOWN SYNDROME AND OTHER DEVELOPMENTAL DISABILITIES
Kira Steward, WI Board for People with Developmental Disabilities

One in 3 people with Down syndrome will experience dementia, and one in 10 people with developmental disabilities will develop memory issues. In this introductory presentation, participants will learn the difference between age-related changes and dementia for people with developmental disabilities, with a focus on Down syndrome. Topics include early detection, disease characteristics, stages, and caregiver needs. This workshop is for anyone who has not previously attended a program about Alzheimer’s disease in people with intellectual and developmental disabilities.

ENTRY LEVEL

406.
NOT IN MY HOUSE: UNDERSTANDING THE FAMILY IN DENIAL
Cori Marsh, ADRC of Rock County

This session identifies what denial is, why denial may be happening and the potential consequences of staying stuck in denial. We will look at ways to survive denial and assist a family forward in the planning process. The presentation will walk participants through the denial, acceptance and planning process of a real family struggling with a diagnosis of dementia.

ENTRY LEVEL - MID-LEVEL

407.
SUCCESSFUL ACTIVITIES FOR THE FAMILY CAREGIVER: PURPOSE, PERSON-CENTERED & ENGAGEMENT
Colleen Keegan, Attic Angel Place

Engaging and meaningful activities are a necessity for the wellness of your loved one. When you are caring for a loved one in your home, it is often a challenge to continually develop and implement meaningful activities. The good news is that there is a huge variety of successful activities out there to choose from! This session will provide instructions and inspiration for a variety of activities from all areas of the wellness wheel. Add a few activities to your repertoire and continue to engage your loved one in an exciting and meaningful life!

INNOVATIVE - HANDS-ON - INTERACTIVE

CONTINUING EDUCATION OPPORTUNITIES
A total of 16.5 continuing education hours are available. For detailed information visit www.alzwi.org
MINDFULNESS AND DEMENTIA CARE
Joy Schmidt, ADRC Dane County, Madison, WI

Research is showing that meditation and mindfulness can be beneficial within all aspects of life. In this session you will learn about the warning signs for caregiver burnout along with basic meditation concepts, techniques and how mindfulness practice can carry into your work with people who have dementia. Have you wanted to better understand the people you care for? In order to do this we must be ‘present’ so we can hear and understand where they are. Mindfulness will help you achieve this. You will also learn how these techniques can help reduce your stress level and improve your overall health. You will leave feeling calmer, more relaxed and better able to cope with the challenges of providing care to others.

ENTRY LEVEL

10:45 am - 11:00 am
COMFORT BREAK

11:00 am - 12:15 pm
CONCURRENT WORKSHOPS | 8

501. Continued

Detection and has helped caregivers keep their loved ones in the home safer. In addition, the team will discuss how this model can be replicated.

ENTRY LEVEL - ADVANCED LEVEL

502. MODIFIABLE LIFESTYLE FACTORS AND RESILIENCE TO ALZHEIMER’S DISEASE
Stephanie Schultz, University of Wisconsin - Madison

This session will present data investigating resilience to Alzheimer’s disease through physical activity, mental engagement, and protective genes. What are potential lifestyle interventions to prevent or delay Alzheimer’s?

ENTRY LEVEL

503. THE UNEXPECTED CAREGIVER ON THE YELLOW BRICK ROAD
Moira Kneer, Sacred Heart Hospital

Many of us find ourselves in the role of caregiver even though we never planned for it! Many of us have a difficult time even defining ourselves as caregivers. ‘We’re just helping out for a bit!’ When you journey with another who needs care, the road is often frightening and filled with unexpected challenges. Come and travel with Dorothy and her companions who seek answers to their questions and a way to handle their fears.

INNOVATIVE - HANDS-ON - INTERACTIVE

504. Activity Professionals Panel:
Meaningful Engagement
Patti Morter, AP-BC, ADC
Ingrid Constallie AD
Mary Ellen O’Connell, ACC
WI Representatives of Activity Professionals

Presented by a panel of activity professionals, this session will discuss innovative activity programs, best practices, community connections and successful interventions and adaptations related to reduce anxiety with persons living with Alzheimer’s disease and related dementias. We will share ideas, examples, approaches and interventions.

INNOVATIVE - HANDS-ON - INTERACTIVE

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505. AT HOME WITH DEMENTIA: ASSISTIVE TECHNOLOGY SUPPORT
LaReina Tipping, Curative Connections
Diana Brown, Curative Connections
Stacie Scheibe, Options for Independent Living
Nicole Miller, ADRC of Brown County

At Home with Dementia is an exciting project that addresses the home safety and technology needs of individuals living with dementia and their care partners. Attendees will learn an overview of the program, common technology trends we have seen first-hand, and evaluation results. Participants will work hands-on with the assistive technology or monitoring devices provided at this session.

INNOVATIVE - HANDS-ON - INTERACTIVE

506. A CHALLENGING BEHAVIOR: WHAT IS IT?
Art Walaszek, MD, University of Wisconsin-Madison School of Medicine

Yelling, wandering, striking out, incontinence, sexually inappropriate behavior, and/or resisting cares? In this session, participants will be able to explore and learn how to identify and care for a person with a challenging behavior. This will be done by identifying the phases of a crisis, learning strategies to figure out what the problems are, and how to best intervene while promoting best care practices and the wellbeing of the person with dementia. Bring your challenges and questions so we can form ideas and problem solve together!

ENTRY LEVEL - ADVANCED LEVEL

507. ALIVE INSIDE: ADOPT AN ELDER/BUILD A BRIDGE COMMUNITY BASED PILOT PROJECT
Ginny Nyhuis, Alzheimer’s Association of Southeastern Wisconsin

The ALIVE INSIDE Foundation’s Adopt an Elder/Build a Bridge program uses music to bridge generations and address aging stereotypes by allowing high school students to forge relationships with persons with dementia. Hear how National Honor Society students at Sheboygan North High school, led by their counselor, partnered with the Foundation, their local Aging & Disability Resource Center, and the Alzheimer’s Association to create a pilot project within their community. By meeting with persons with dementia in their own homes, building playlists, and recording reactions, students were involved in an innovative project to be replicated within neighborhoods across the nation.

ENTRY LEVEL

508. LEGAL INTERVENTIONS FOR PERSONS WITH DEMENTIA
Carol Wessels, JD, Wessels Law Office

This workshop will cover the different kinds of legal remedies available when an individual with dementia is in need of care or protection, will explain the difference between a mental commitment under Wisconsin Statutes Chapter 51 and a protective placement under Chapter 55. It will also cover the proactive steps that can be taken to minimize the likelihood such interventions will be necessary.

ENTRY LEVEL - ADVANCED LEVEL

12:30 pm LUNCHEON

1:00 pm – 1:45 pm AMAZING GRACE CHORUS & STEPHANIE HOUSTON THE POWER OF MUSIC KEYNOTE TUESDAY CLOSING
Wisconsin Alzheimer’s Institute

Experience first-hand the musical sounds of the unique chorus made up of individuals with dementia and their caregivers. The Melodies and Memories program is an outreach effort of the Wisconsin Alzheimer’s Institute. The goal of the Chorus program is to improve both the quality of life and improve the relationship between the person living with dementia and their caregivers. The Melodies and Memory program is based on the Chorus program that began in 2011 at New York University by Dr. Mary Mittelman, which showed that learning new songs and singing helps with memory and improved mood.

This interactive presentation will include a panel made up of the Chorus’s Coordinator, team of Conductors along with the Chorus participants as they will share the power and positive impact music and the chorus has made in their lives. Learn how to successfully implement a Chorus in your own Community. This session shares how a Chorus program has the ability to reduce stigma associated with memory loss in the Community, and how increased social interactions like participating in the Chorus can help combat isolation faced by many who suffer with dementia. Come prepared to have fun singing!

CONTINUING EDUCATION OPPORTUNITIES
A total of 16.5 continuing education hours are available. For detailed information visit www.alzwi.org
GENERAL INFORMATION

Continuing Education Opportunities
1. A certificate of attendance to verify conference hours is included in our program book provided upon arrival.
2. An application, through UW-Stevens Point, for general CEUs is included in your program book. A fee of $15 is required. Do not include this fee with your conference registration form. This should be submitted directly to UW-SP after the conference.

Conference contact hours are as follows
Sunday, May 1 4 hours (Afternoon Seminar)
1 hour (Evening Seminar)
Monday, May 2 5.50 hours
1.50 hours (Evening Seminar)
Tuesday, May 2 4.50 hours
A total of 16.5 continuing education hours are available. (This includes the Sunday afternoon intensive.)

Attire
Business casual attire is recommended. Wearing layers is recommended. Meeting room temperatures may be cool.

Certificate of Attendance
All attendees receive a general Certificate of Attendance verifying training hours. This certificate will be included in your program book provided upon arrival.

Educational Materials Pertaining to Programs
A powerpoints and reference materials will be available online.

Special Diets
Vegetarian meals are available.

Lodging
Lodging is not included in your conference registration fee. The Kalahari Resort has a block of rooms available at discounted rates. Please make reservations by April 16. See Page 4 for complete information. The Wisconsin Dells Visitors and Convention Bureau can provide information on additional lodging options - www.wisdells.com

Caregiving Assistance
If you need help with caregiver responsibilities while attending the conference, please contact your nearest Alzheimer’s Association chapter or call 800.272.3900. Request appreciated by April 16, 2016.
Greater Wisconsin Chapter - Green Bay
920.469.2110 or 800.272.3900
South Central Wisconsin Region - Madison
608.203.8500 or 800.272.3900
Southeastern Wisconsin Chapter - Milwaukee
414.479.880 or 800.272.3900

Conference Questions?
Contact Peggy Rynearson, Conference Planner, at prynearson@alz.org or 608.446.4206

WHAT WILL YOU DO TO FIGHT ALZHEIMER’S ON JUNE 20?

START A TEAM AT ALZ.ORG/TLD

Put your passion to good work on The Longest Day®. From sunrise to sunset, honor those who face Alzheimer’s with strength, heart and endurance.
SAVE THE DATE!

THE END OF ALZHEIMER’S STARTS WITH you.

JANESVILLE, KOHLER, WAUKESHA
9/10/16
ASHLAND, GREEN BAY, LA CROSSE, LAKE GENEVA, MARSHFIELD AREA, NEW RICHMOND, SUPERIOR, WAUSAU
9/17/16
MEDFORD, MILWAUKEE, TOMAH
9/18/16
APPLETON, CHIPPEWA VALLEY, KENOSHA, LAKE SHORE, RACINE, RICE LAKE, SPOONER, STEVENS POINT AREA, THE NORTHWOODS, WEST BEND
9/24/16
ANTIGO, DOOR COUNTY, OSHKOSH
9/25/16
FOND DU LAC
10/1/16
MADISON
10/2/16